

# MEN'S SHEDS ACTIVITIES



**The activities that are undertaken in each shed are as diverse as the men who engage and participate within them.**

Activities are essential because they provide a foundation for the social, emotional, and physical well-being of the shed members.

They encourage connection, interaction, build friendships, offer a sense of purpose, and improve both mental and physical health and create community enablement, making them an integral part of the Men's Sheds movement



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# MEN'S SHEDS ACTIVITIES



## WOODWORK

The wood workshop in many Men's Shed tends to be a hive of activity, where things get made from wood or wooden objects, get repurposed and given a new lease of life. While the bird box and park bench are probably the most common items made from wood in workshops, the introduction of a lathe or a laser cutter brings about wood turning, personalisation and a host of other possibilities. In the workshop, skills get shared and new friends are made and local communities are often enhanced many times over.



## METALWORK

The metal workshop in many Men's Shed tends to be a hive of activity, where things get made from metal or metal objects get repurposed and given a new lease of life. These projects can involve the restoration of old vintage cars, tractors and agricultural machinery or the crafting of street art to enhance the local village or town. In the workshop, skills get shared and new friends are made and local communities are often enhanced many times over.



## SOCIAL AND RECREATIONAL

Social pursuits form the cornerstone of all Men's Sheds menu of activities. They range from card games, chess, boccia and much more. While Sheds contain many tools, the most important tool in the Shed is the kettle. The kettle fosters connections, conversations and builds a real sense of community.



## ARTS AND CRAFTS

There are a wide range of Arts and Crafts activities taking place in Men's Sheds right around the country. Arts and Crafts are generally creative activities that involve making or creating things by hand. Arts and Crafts activities in Sheds include drawing, painting, pottery, jewellery making, model making, creative writing, poetry, storytelling and much more.



## MUSIC AND CHORAL SINGING

Music has always been a part of the Men's Shed movement. There are sheds who have developed musical groups and Sheds which have been formed from musical groups. Some Sheds have developed their musical groups to the point where they are recording albums and performing at festivals.



## HEALTH AND WELLBEING

The Men's Sheds can play a very important role in improving members' quality of life by empowering men to take control of their physical and mental health. For many members, the Men's Sheds provides a sense of purpose and belonging, which can also help combat against loneliness and isolation.



## PHYSICAL ACTIVITY

Physical activity is essential for our health and wellbeing. The Men's Sheds can encourage members to stay active, make new friends and have fun with a wide range of activities suitable for all fitness levels.



## BIODIVERSITY

The Irish Men's Sheds Association and its members contribute in no small way in helping to achieve our sustainable development goals. One of these important activities is the keeping of and the development of habitats for many of our endangered creatures. The local Men's shed is a major resource and contributor in community efforts to positively impact biodiversity.



## GARDENING

Gardening is one of the key activities common to the majority of Men's Sheds in Ireland. Of all the activities that take place in Men's Sheds, gardening boosts the greatest number of benefits across a wide range of benefactors. These include the Men, their communities and the environment.



## COMMUNITY EVENTS

Men's Sheds in Ireland are more than just places for men to gather, they're at the heart of community life, driving local engagement, skill-sharing and sustainability. Shedders actively use their talents to take on projects that benefit their towns and neighbourhoods, promoting development, learning and environmental awareness.



There's  
a role for  
**EVERY MAN**  
in a Men's Shed